

ACETOPATHY ;
OR, THE
Spinal System of Treatment,
BEING THE
THEORY AND MODE OF APPLICATION
OF
ACETIC ACID
IN
Fevers, Acute and Chronic Diseases.

F. COUTTS & SONS,
405, ST. VINCENT STREET, GLASGOW ;
6, GREAT EASTERN STREET, LONDON, E.C. ; AND
99 & 101, GROSVENOR STREET, ALL SAINTS, MANCHESTER.



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MELBOURNE : M. L. HUTCHINSON, 305-307, LITTLE COLLINS STREET.
ADELAIDE : W. C. RIGBY, 74, KING WILLIAM STREET.

1903.

INTIMATION.

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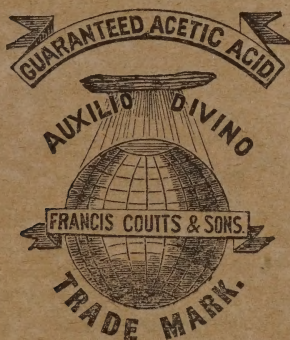
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ACETOPATHY;

OR, THE

SPINAL SYSTEM OF TREATMENT.

—o—

1. Q. What is the meaning of the name which is given to this method of treating disease?

A. If the names of other systems are considered the meaning will be made plain. Allopathy, as a method of treatment, attempts to cure disease by producing in the body a condition which is *contrary* to the diseased state; Homœopathy tries to attain the same end by minute doses of medicine, which would, if used in a healthy body, produce effects *similar* to the disease; Hydropathy, or the water cure, by baths, packs, fomentations and various forms of appliances, cures disease by removing from the body impure and unhealthy matter; and Acetopathy, in like manner, may be understood as a means of healing disease by means of Acetic Acid.

2. Q. Why are the words, "or the Spinal System of Treatment," added?

A. Because the former expresses the nature of the remedy used, whilst the latter indicates the physiological principles upon which the treatment is followed. The remedy is Acetic Acid, but the method of treatment is spinal; or, in other words, the special treatment of nerve-centres in which nerve-force is generated, for the purpose of regulating the nerve-force and circulation of blood throughout the body.

3. Q. What is there peculiar to this method of treatment?

A. It always begins with the centres of nerve-power, in the brain and spinal cord.

4. Q. Why do you specially attend to the brain and spine?

A. Because these centres of nerve-power, in harmony with the ganglionic nerve-centres scattered throughout the body, sustain and maintain the healthy condition of the organs. The spinal nerves and nerve-centres control all motion of muscles; movement of muscles reacts upon the ganglionic nerve-centres which regulate the flow of blood; and thus it is found that the spine is

the most important part of the system for maintaining the body in health, and also for the remedy of many forms of disease. What the engine with its steam power is to machinery, the nerve-centres in the body are to the various organs; the spinal nerve-centres and nerves being specially adapted for the regulation of motion by their being attached to the muscles throughout the body. The brain has to do with thought and also with motion by volition; and as all thought and motion depend upon the brain, spine, and ganglionic nerves, they require specially to be studied and attended to in various forms of disease.

5. Q. If I understand you aright, the great principle upon which the spinal system of treatment rests is this: that the nerve-centres which generate nerve-force for motion in the body should be kept in their normal healthy condition, and, as a natural consequence, there will be plenty of power in the body to carry on all the functions of the various organs?

A. The principle which you have explained, when more fully understood, is in reality the basis of health in the body; because, if the organs are all in good working order and have plenty of nerve-force to maintain their functions, health reigns supreme, all is pleasure and there is no pain. And this happy condition exists, because there is the observation of, and obedience to, physical and physiological laws.

6. Q. Do you mean that the knowledge of, and obedience to, the laws which govern the organism of the body would insure to all men good health?

A. If all children were born with good constitutions or healthy bodies, and they were to continue to live in harmony with law, then assuredly pain and disease would be unknown; but, seeing that men inherit diseased organs from their parents, and are so ignorant of their own bodies, and careless about them, it is little wonder that disease and pain abound.

7. Q. You wish to show that Nature provides, or has provided, healthy organs for the body, and that living in harmony with Nature's laws would prevent disease; but you consider that man may be diseased from the womb, and that men bring upon themselves states of body called disease and pain? If this is so, then am I right in supposing that disease is not an entity, or a something distinct from health, but rather that it is a perversion of the healthy condition, an abnormal state of the organs; and that usually pain accompanies such a derangement of the organs?

A. This is the direction in which scientific thought tends. To put the matter in another form, which you can easily understand, the principle of life builds up organism from the matter by which

it is surrounded ; if the life is nourished with good food, the organs formed will be healthy ; but if the nourishment is with anything unhealthy, the production must be defective ; and such a defect is a departure from the normal standard of health. Thus you will observe that there can be no standard in diseased conditions but they are all measured by their departure from the normal standard of health. The defective organism at birth, the diseased condition brought on through ignorance and carelessness, and the pain which accompanies congestion or inflammation, are all departures from the normal state.

8. Q. I am able to follow you so far as to see that a great responsibility rests upon parents, but especially upon mothers, that healthy children may be born into the world ; and I can also see how desirable it is that ignorance and carelessness should be banished from amongst men ; but being one of this ignorant class, I am not able to understand what you mean by the words congestion and inflammation, and why these states have as their companion what is so well known as pain. Will you explain what you mean by the word congestion ?

A. The word congestion is limited usually to that condition of the organs of the body when they are found to be deficient in vital power, and there is accumulated venous blood or waste matter which would hinder the normal healthy action. For example, suppose that a cold wind was blowing upon an exposed part of the body, the effect will be that the warm arterial blood will be driven in from the surface upon the internal organs, and the skin and muscles exposed will be found to be stiff because the venous blood is stagnant ; impure waste matter remains in the tissues ; and the condition is called congestion because it is in an abnormal state brought on by the withdrawal of the arterial blood from the local part, and the accumulation of waste matter or impure blood. Again, great exertion of body or brain may produce congestion because the stimulus and motion have been too great, and the consequence is depression of the vital power by a lack of nerve force and want of arterial circulation. Pain accompanies such conditions, not usually in very acute forms, but by stiffness, pains or aching in the limbs, weariness and lack of vigour in the brain. You will observe that such a word expresses the condition of the organs when they are deficient in power, or, to put the same thought in other words, the normal standard of health is lost, and this is called disease.

9. Q. If I have caught your meaning it amounts to this, that when through cold, over-exertion, or anything similar in its nature, there is a depression of the vital power, and thus a

departure from the healthy balance that should exist, this state is called congestion, but that such a derangement is not a specific disease, but varies from the stoppage of the circulation in a single vein, or the closing up of a pore of the skin, to the total cessation of all motion in the body, which is known as death? If this is so, then it would seem that such derangements cannot be specific diseases, but must be, as stated, departures from the normal state of perfect health. If I am right in this conclusion will you explain the term inflammation?

A. Inflammation may be regarded as an abnormal state which is opposed to that of congestion; that is to say, congestion is depression below the normal blood heat of the body, whilst inflammation raises the temperature above blood heat to the state of fever throughout the body, or to local inflammation in a single organ. But it must not be supposed that because the conditions are so different that there is no connection betwixt them, or that they cannot pass into each other; the fact being, as many know by experience, that the state of congestion is often followed by inflammation, and that there really does exist a close relation betwixt these apparently opposing conditions. For example, it is well known that before fever is manifested there is a condition of chill and shivering upon the body; fever and ague follow each other in successive heats and chills; and if any part of the body is *much* congested, it is only permanently relieved by an eruption or boil, which is a state of inflammation. All inflammatory forms of disease, whether they be fever, boils, eruptions, or irritations, are brought on by an increased circulation of arterial blood throughout the whole body, or in local organs, and such inflammation is used as the means by which the congestion may be relieved or the congested matter thrown out of the body.

10. Q. If your explanation of the condition called congestion was sufficient to open up to me a most extensive conception of disease, as being states below the normal condition of health, this idea of inflammation, as being an action in the body above the usual blood heat, seems to open up a still more extensive range of thought, which would seem to hold in its capacious circle almost all forms of derangement. Not only so, but, if I am not mistaken, you have indicated that the forms of disease known as inflammatory are really curative in their operations. Have I understood you aright in this matter?

A. This is the thought up to which I had a desire you should come, because it leads us far away from the former conceptions of men, and we find ourselves standing face to face with Nature and its laws. If inflammation is Nature's remedy for the purifying

of the body, then, after all, it is not such a dreadful messenger that it should be destroyed by bleeding, leeches, or such drugs as will depress the nerve-power and weaken the circulation. If this is a friend come to help, and not to destroy, then let his services be fully utilised for the restoration of health. Passing from the figure to the facts, a boil is cured by assisting the inflammation until the boil bursts, and the impure matter is discharged; fever and small-pox are cured by keeping the skin clean by using baths, compresses, or Acetic Acid, and when the impure matter is thrown out of the body, the fever is allayed, the pulse resumes its normal beat, and the skin is cool. Suppose that by any treatment the inflammation or fever should be suddenly checked, the nerve-power reduced, and thus the arterial circulation weakened, the inevitable consequence must be—not health, though the pulse may be lowered and the inflammation brought down—but something far more serious, for the strong hand of Nature working towards health has been struck down and partially paralysed, and, the vital power being reduced, there is a greater difficulty in bringing the vital power up again so that Nature may heal the body in its own way. The consequence of such a treatment of inflammation is not to cure disease, but to weaken the body and to produce what is known as chronic irritation.

11. Q. What do you mean by chronic irritation?

A. Chronic irritation is a condition of the organs which, as has been indicated, follows from suppressed inflammation. In other words, the burning was not allowed to go on until it had burnt up the congested or waste matter; but, being suppressed, it keeps on smouldering, not strong enough to bring on a crisis, and thus permit a return to normal health; the impure matter still keeps up a constant irritation in the part, and such a chronic irritation will be found to bring on disorganisation, and thus sap the health of the body.

12. Q. Can you give any examples where inflammation would tend to chronic irritation, and chronic irritation to disorganisation?

A. Well-known examples of this may be found in various forms of chronic disease, such as chronic irritation of the throat, bronchitis, and lung complaint; when these become chronic they are very difficult to heal, and the issue in many cases is the disorganisation of the mucous membrane, or of the cellular tissue of the lungs; degeneration of the kidneys, or what is known as Bright's disease, is also another form of disorganisation which seriously affects the whole body. Further, chronic rheumatism, as known

by the names of sciatica and lumbago, are forms of chronic irritation which are not easily allayed, because the vital power in the body, or it may be in the local part, is low.

13. Q. This explanation enables me to understand the unity of thought consisting in the word health, which means living in conformity to, and in harmony with, Nature's laws ; and I can see that this can be the only standard by which the normal condition of the organs of the body can be tested. Disease is a departure from this standard, beginning usually with congestion, produced by cold or over-exertion, and advancing, when there is sufficient vital power in the body, to inflammation, for the purpose of bringing the body back to the normal state ; but, if through neglect, or a mode of treatment, which suppresses Nature's power, the inflammation is not able to overcome the diseased condition, then the issue will be chronic disease this being either congestion or irritation ; and these end in death, because in congestion there is the loss of power of motion, and by irritation there is the disorganisation which takes place in the bodily organs. Can you explain how it is that individuals are sometimes predisposed to certain forms of disease ?

A. What is called a predisposing cause of disease really means a weakness, congestion, irritation, or some form of derangement in certain organs of the body. Thus, for example, if a person should expose the back of the head, neck, and throat to a keen east wind, after these parts are relaxed in a warm room, the consequence would be an attack of sore throat. If this disease is not carefully treated, and the patient is not very strong, the certainty is that the nerve-centres upon the back of the head and neck will remain congested, and a chronic irritation in the throat will continue, with expectoration. This means, you will observe, that the spinal nerve-centres are weak, and they do not generate sufficient nerve-force, because the morbid matter surrounding the centres prevents the full supply of arterial blood reaching the part. If, then, the nerve-centres are weak, and do not generate sufficient nerve-force to meet any quick change, and the throat is keenly susceptible to every change of temperature, it must follow that there is, through such weakness a predisposition to sore throat or lung complaint whenever any exciting cause acts upon the weak parts. In like manner, there may be a predisposition to lumbago or sciatica, because when there is congestion upon the lower part of the spine, the muscles are weak through the deficiency of nerve-force, and an exciting cause brings pain upon the loins or along the course of the sciatic nerve.

14. Q. The predisposing cause of disease, if I have caught your

meaning clearly, is, in fact, a chronic weakness in certain organs of the body, and it is because there is want of power in the spine that usually the local organs do not regain their normal condition; but when the spinal nerve-centres are healthy, then the local parts (as the throat or the sciatic nerve) regain their healthy tone. In other words, you seek more power for the spine that you may benefit local parts. But you speak of exciting causes. What am I to understand by this expression?

A. Over-exertion and stimulants are exciting causes to the brain, causing headaches and other complaints; want of exercise, high living, warm rooms, or a hot climate, will prove exciting causes to stomach, liver, or gouty complaints; and there are few but know, that an easterly wind and raw, damp weather bring on rheumatic, neuralgic, and chest complaints. This is the reason why a number of persons, who may be in the same position, enduring the same privations, are seized with such varied complaints. In one it is the exciting cause of headache, in another chest complaint, in another rheumatism, in another kidney disease; they were, in fact, predisposed to these, therefore the one exciting cause produced the varied complaints.

15. Q. Is there any method of finding out this predisposition?

A. Very often it is indicated, *after* the application of the Guaranteed Acetic Acid, by a death-like whiteness upon the spinal nerve-centres, showing by this very clearly that there is a want of healthy circulation there; and it is also known by a want of feeling upon the parts where there is congestion. In the greater number of cases it is, therefore, easy for the practitioner to say what organs are wanting in vitality.

16. Q. Do I understand you correctly when you state that the Guaranteed Acetic Acid, when applied on the spine or upon any other part of the body, will indicate whether there is, or is not, a departure from the normal healthy condition of the part upon which it is used?

A. This is quite correct, and it is as has been stated; the Guaranteed Acetic Acid is not an irritant, in the usual meaning of that word, which will act upon all parts of the body in the same way or to the same extent, but the action is determined by the condition of the part; and it is by observing carefully the effects of the acid when it is *first* applied that it is so very useful in diagnosing or finding out the seat of disease, or what is producing pain.

17. Q. But Acetic Acid has long been known and used as a chemical agent. You cannot therefore lay any claim to the discovery of this medicine as a chemical product?

A. Certainly not. Acetic Acid is the means used by us as a

chemical agent ; but it must be of a certain purity, strength and quality before it has the peculiar curative power we know it to have. This combination of strength, quality, and purity, we claim as essential to our practice ; and it is for this reason we guarantee the acid sold by us, and have affixed our trade-mark on the capsule and label of each bottle, so that there may be no doubt as to the acid used. Acetic Acid may be bought so weak as to be used at table as common vinegar, or so strong as to blister any part upon which it is applied, or even to dissolve bones. There are Acetic Acids made from wines, woods, and also minerals, yet all are not equally pure and useful.

The following extracts from letters received will bear out our remarks on this point. S. M., Adelaide, South Australia, writes :

“DEAR SIRS,—I have used the acid, as recommended by you, in several cases of Cold and Rheumatism in my own family, and in every case with good results; but the difficulty is to get the acid of the right sort, so that I have thought it as well to send direct to you for it.”

M. H., Melbourne, Victoria, writes :

“Much of the acid supplied here by chemists, etc., has been very inferior, and I have heard people condemning the Acid Cure dreadfully in consequence. One lady had her fingers cut off because of poisoning with bad acid.”

18. Q. What, then, is the specific action of the acid on the skin when applied?

A. Where there is inflammation with great pain, immediate action; in slight, chronic disease, quick action; but in deep-seated chronic disease, a long while may elapse before there is any heat or smarting felt. Again, when the disease is exhausted there is no specific action.

19. Q. What do you mean by no specific action? Will the acid not always take effect upon the skin?

A. The question here is not one of strength; the acid used by us acts chemically upon the disease, and carries it off in gas, greasy waste, and inflammation. Then, when the disease is exhausted, there is neither gas evolved, nor burning heat on the skin. This may seem strange, yet it is a fact that many can bear testimony to in their own practical experience.

20. Q. Is it always assumed that, when this action is stopped, the disease is then exhausted?

A. Not by any means; the congestion on the nerve-centres must be taken away, and the local organs must be working well, else there is no cure. In such a case it is simply a first or second layer of the congestion taken off, and patient perseverance alone will overcome the deeper congestion.

21. *Q.* In long-standing chronic cases it must take a long time to exhaust the congestion?

A. It is evident that it must be so. The accumulation of years cannot be taken away in a few days, and parties who expect such wonders are alike ignorant of themselves and those laws by which their bodies are governed.

22. *Q.* Can you give any limit to the power of the acid in healing disease?

A. We can simply say, it will not build up any organ that is destroyed, neither will it heal broken bones, nor set free stiff joints. It acts, as already stated, by relieving congestion, and by equalising the healthy circulation, which is all that nature requires for her assistance.

23. *Q.* This means, then, that the application of your acid to the skin not only purifies the blood by bringing a healthier arterial circulation to it, but that it likewise acts upon the internal organs, by giving them more power through increased nerve-force from the spine?

A. This scarcely requires further explanation; when the time occupied by circulation through the whole system is not beyond five minutes, you may, therefore, in a short interval, be able to relieve the congestion or sluggish circulation in internal organs by an increased circulation to the skin. The application to the spinal cord gives contractile power, and by this means the whole system is acted upon by the application to the brain, spinal cord, and skin of the body.

24. *Q.* Will not the application to local parts alone give relief or cure complaints?

A. It may, or may not, as the case may be. It may give relief by taking away the pain for the time being; but when there is an exciting cause the pain is likely to return. On the other hand, it may seem to increase the disease, for the nerve-centre being diseased there may be increased irritation and pain.

25. *Q.* What, then, do you recommend as the best and safest method of applying the acid?

A. As a rule, to apply it to the spine, and on each side of the spine, as well as to local parts (using a sponge tied on a handle suited for the application), until a glow of heat is felt upon the skin—giving more particular attention to the white or dead parts—then sponging with warm water to allay the heat.

26. *Q.* Is there any reason why you limit the time of rubbing till the heat comes upon the skin?

A. There is a very good reason for this, and it is, that unless the arterial blood reaches the nerve-centres, there can be no

increased contractile power ; bringing this flush of heat upon the skin means bringing the required stimulus to the nerve-centres.

27. Q. You would not favour the excessive application, so as to make sores or bring out boils ?

A. We continually warn against this, as there is little more benefit received, the skin soon becoming too painful to continue the application. In the event, however, of sores being formed, the patient must not leave off rubbing until they heal up, but must rub over them *very gently*, to keep up the action : the continued application once a day, as directed by us, is the safer method to follow.

28. Q. What should be done when Nature sends out eruptions of boils ?

A. Apply the acid, full strength, to the parts where there are none, and *very gently*, with the acid diluted, upon the boils and sores, till they heal up, sponging the sore parts, night and morning, with warm water.

29. Q. Would it not be well to use a little oil to soothe the skin ?

A. Olive oil is very beneficial in soothing the nerve-centres and softening the skin.

30. Q. When there is a difficulty in getting out the heat, what would you recommend ?

A. Frequent rubbing with a dry towel, during the application of the acid ; this takes off a greasy substance which lies upon the skin, thus hindering the action of the acid.

31. Q. This being your treatment in chronic cases, what would you do in acute and pressing cases ?

A. Apply the acid oftener, using also hot water fomentations, if necessary, to the spine and to local parts, until the pain is relieved and the disease conquered.

32. Q. What is your treatment for prevention of disease ?

A. Apply the acid twice or three times a week over the whole body with a flesh brush, when there is no risk of any infectious disease ; but when there is any such risk, use it morning and evening, or oftener, as may be deemed necessary.

33. Q. Can you explain how the acid prevents disease ?

A. By giving a healthy tone to the system ; by contracting the relaxed small blood-vessels ; and by drawing off the impurities, and thereby purifying the blood.

34. Q. Does it act beneficially in cases of fever ?

A. When applied, not only to the spine, but also over the whole body, the power of the acid in allaying fever is simply amazing. A few minutes will lower the pulse, and give refreshing sleep ; and, as the pulse continues to rise, repeated applications

will exterminate any fermentation, germs, or impurities there may be in the blood.

35. Q. This being the case, would not your acid be of great benefit in warm climates, such as the East and West Indies, China, the West Coast of Africa, and Central America?

A. It would be a boon the most valuable; and the daily application would insure continued energy and good health. Those who reside, or have resided, in tropical climates, cannot but know the uneasy wearied feeling throughout the whole system when the hot season sets in, and the sultry atmosphere renders the different organs sluggish in their actions, thus reducing vitality throughout the system. In such circumstances, an application over the whole of the body will prove very bracing, and, if used at night, would induce refreshing sleep.

36. Q. Would it not also be equally suitable for hospitals in large cities?

A. Yes; but more especially in epidemics, such as small-pox, measles, fevers, and the like. It would not only make short work with the disease, but, a greater blessing, there would not be so much suffering, and the long dreary convalescence would be done away with altogether.

It is of importance, and may give increased confidence in using our acid, when it is known that Hahnemann, the founder of the Homœopathic School, considered vinegar an important thing for hindering epidemics, and a personal safeguard and preventive to infection. In "Plans for Eradicating a Malignant Fever," he advises that "after every visit the medical officers should wash their hands and faces in vinegar and water;" also, "the nurses must also be warned not to hold their faces near the patient's mouth, and every time they raise up, touch, or turn the patient they should immediately wash their hands and faces. It is advisable to use a mixture of vinegar and water for the purposes of ablution, and when a patient recovers so as to be able to be restored to his friends, to be well washed with warm water, and then sprinkled all over with vinegar before being finally dried."

Dr. H. Letheby, M.B., M.A., Professor of Chemistry, London Hospital, in a lecture on disinfectants, states as follows: "As regards the use of aerial disinfectants, I am inclined to think that acid vapours are the most effective, as Chlorine, Chloride of Lime, and Acetic Acid, for those only are capable of destroying the vitality of vaccine lymph, and therefore, by inference, of other contagia, beside which they sweeten the atmosphere, and render it more pleasant for respiration." — *See Medical Times and Gazette, Nov. 8th, 1873.*

37. Q. Would it not be advisable that each family should keep the acid, and use it wherever and whenever it is required ?

A. We trust that this little work will give such simple, yet specific instructions, that those who study our mode of treatment will be able *intelligently* to treat themselves in the beginning of their complaints ; and to do this is to put a stop to them altogether.

38. Q. By your giving explicit directions for applying the acid, will parties be able to treat themselves without consultation and examination ?

A. In doing this we try to make the system as plain as we possibly can, yet we are assured that many will misunderstand the method, and misapply the acid when used without our personal directions.

39. Q. Where it is practicable, personal consultation and examination are desirable ?

A. Yes ; for we can then by examination point out the parts requiring particular attention. At the same time, if convenient, it would be well that the person who is going to apply the acid should attend also, so that he (or she) may know what to do ; for there is really more practical knowledge gained by *seeing* the application once, than by reading volumes on the subject. In the same way this remark is applicable to giving advice by letter ; the theory is given and received, but the practical application cannot be so easily conveyed. But as it is impossible that all who use the acid can consult us, those prevented from doing so should study the principles upon which they operate, and by doing so they will gain by practice a knowledge of the method of treatment.

40. Q. As we have considered the spinal system, which is your special method of treatment, the action of the Guaranteed Acetic Acid, which is the remedy used, and the general principles upon which the acid should be applied to prevent disease, relieve pain, and cure the many ailments from which men suffer, would it be advisable to consider briefly the practical method of using the acid in different complaints ?

A. This would probably be the best way to help those who are anxious to help themselves and others ; but it may be necessary at this stage to bring to remembrance the fact that every form of disease is a departure from health, or a derangement of the organs of the body, and that everyone who attempts to follow this method of treatment must, if he would be successful, banish any idea that the acid is in any sense to be used as a specific against an imaginary virus or poison which it will in some magical way

neutralise in the body. Instead of such a thought there must be maintained this one idea, that disease, in the very nature of things, is a departure from the normal state of health, and that any treatment is rational which attempts to assist Nature by destroying congestion, allaying inflammation by dispersion, increasing nerve-power in the organic nerve-centres, and by purifying the blood.

41. Q. If the principles which have been explained are understood and remembered, I think it is impossible that any one could make the mistake which you fear. For my own part I can clearly see that the day for such ideas as a specific virus or poison constituting each form of disease, and that a specific antidote is to be found for it, is now past. Men must now turn away from such theories, and by seeking to know the facts which science demonstrates, by obedience to Nature's laws prevent disease, and by a rational treatment, in the direction indicated, of assisting Nature, try to cure disease. Passing away from this I would ask you to explain what would cause the form of disease known as fever?

A. Fever is caused by impurities and living germs, which may be introduced into the body in various ways. There is a cold stage, when the infection circulates and increases the quantity of poisonous matter; Nature gets alarmed, and the vital powers are roused to throw the impurities out of the system; the increased action of the heart and other blood-purifying organs bring on what may be termed the hot stage—this is Nature's resistance and attempt to purify the blood.

42. Q. If I understand you aright, your acid takes away fever by withdrawing the impurities circulating in the system, and conclude that it would be well to use the acid, if possible, as a means of prevention; if not for prevention then at the first opportunity during the cold stage, or when the impurities are accumulating; and, at all events, to use it in the hot stage, so as to relieve the vital organs and purify the blood?

A. Certainly; and further, to apply the acid to the spinal nerve-centres, so that they may be stimulated, and the blood-vessels contracted to their normal size.

43. Q. Will you mention a few of what may be termed inflammatory complaints?

A. There are a great many, such as inflammation in head, croup in throat, tubercles in lungs, inflammation in stomach, bowels, bladder, also gout, rheumatism, &c.

44. Q. When these do not get better within a limited time, is there any change in the name given to them?

A. As a rule they are termed chronic complaints after forty

days, or, more truly, it may be when the inflammatory and acute pain terminates.

45. Q. In explaining the causes of local complaints and treatment required, what mode do you prefer to use so that it may be made simple to the unlearned, yet easily understood and thoroughly practical to all who wish to follow this treatment?

A. It is not very easy to determine the best method; but by dividing the brain and spinal cord into four parts, viz.—head cervical, dorsal and lumbar regions, we will be able to make it more simple and also more intelligible. We must explain, however, that there are diseases which are not limited to one division, but have a sympathy and direct communication with other parts of the spine; it will, however, be easy, by means of a little explanation, to let these parts be understood.

46. Q. What are the causes of tic-douloureux, neuralgia, headache, toothache, and where must the application be for such complaints?

A. In all such cases there is a predisposing cause in the nerve-centres at the back of the head through congestion; but generally there will be found another cause about the middle joints of the dorsal region, above small of back, affecting the stomach, and thus causing an irritation in the head. We would recommend application to those points on spine, across the region of stomach, and on the parts where the pain is felt; and, for toothache, besides these parts, the top of the head and on the temporal muscle in front of the ear. When the headache is in the front part, the application would require to be slightly to the brow, with the acid diluted with water, but more freely on the top of the head.

47. Q. Where will the application be in connection with congestion of the optic nerve and other diseases of the eyes?

A. To the back of head, the optic lobe on the top of head, and on the hollow at the side of the eye, in front of the ear. We have also found the Spray Producer with the Acetic Acid Spray of much benefit in inflammation or weakness of the eyes; the first action of the diluted acid causes a smarting sensation; this, however, soon passes away, leaving the eyes soothed, relieved, and strengthened.—*Particulars as to the mode of using the Spray Producer and the strength of the acid to be applied, will be sent with the Spray Producer, and found in the pamphlets.*

48. Q. Where is the acid applied for the hearing?

A. At the back of the head, round upon the muscles at the back of the ears, and downward upon the hollow behind the cheek-bone; keeping in view in all such cases that what is required is relief to the nerve centres, and healthy circulation brought

to the organs affected. In all these complaints the acid has been proved to be beneficial; and in many cases parties have received benefit from these complaints indirectly when applying the acid for other complaints. The Spray has also been found to have beneficial effects in cases of deafness, caused by colds, swellings under the jaw, or closing of the Eustachian tube.

49. Q. There is a class of nervous complaints, such as St. Vitus' dance, epilepsy, and other derangements of the nervous system; how does the acid affect them?

A. There are so many causes for these complaints that we cannot go into detail. If such complaints, however, are merely functional, or brought on by other organs being out of order, causing probably an irritation on the brain or spinal cord, then it will be necessary to attend to the nerve-centres causing such functional disturbance, and also the organs themselves. On the other hand, if there is an organic cause, it must be found out, and the application continued more especially to the parts affected; it may, however, be very difficult to find out the cause, more especially when it is within the brain. Yet every means ought to be used to bring the system into a healthy state so that Nature may be relieved, and the cause of the complaint removed. The chief point in such cases is to get the nerve-centres into a healthy state by soothing any irritation that may be upon the brain, spinal cord, or ganglionic nerve-centres. For St. Vitus' dance we would recommend gentle, yet continued application to all the parts implicated, and, in addition, plenty of fresh air and sunshine, plain and nourishing diet and total cessation from all studies.

50. Q. There are melancholia and insanity; could the acid be used with benefit in such cases?

A. We are confident that, if it could only be rightly and regularly applied, it would be very beneficial. In such cases it is a good thing to foment the top and back of the head with a sponge wrung out of *hot* water for a period not exceeding five minutes; after the fomentation rub with the acid, and finish by sponging the head with cold water.

51. Q. Can the acid, in this age of excessive competition, high pressure, and over-exertion, relieve the over-wrought brain of the student, the literary man, the minister, and the man of business?

A. A daily application to the back of the head, specially at the junction of the spine and brain, and also all over the head (when there is any pressure, or, in fact, congestion), will give, in cases of short-standing, immediate relief. When the complaint is chronic, as a matter of course the treatment will be much longer; but all

who use the brain much and the muscles little ought to use it daily. After a few proper applications great relief will be experienced, by the feeling of increased brain power, buoyancy of spirits, and physical energy.

52. Q. Before leaving this part, will the acid be detrimental to the hair in any way?

A. By no means. It brings a healthier circulation to the skin, and will, if the roots are there, strengthen the hair; and even where there is premature baldness it will cause the hair to grow. This end is attained because the use of the acid stimulates the arterial circulation, and in this way the roots of the hair are nourished.

53. Q. What complaints are most noticeable in the cervical division, or from back of head to bottom of neck?

A. All the throat complaints, such as croup, mumps, thrush, diphtheria, sore throat, loss of voice, weakness of the arms, &c., the application in all such cases being to the back of neck and parts affected; and more especially, for loss of voice, the muscles on front of neck, which contract upon and give tone to the throat. Again, irritation in the throat being often caused by irritation on the stomach, it will therefore be necessary to attend to that part also.

54. Q. Is your acid serviceable, and can it be applied to children suffering from diphtheria and whooping-cough?

A. The acid can be applied with perfect safety to children, for this and all other complaints to which they are liable. If necessary the acid can be diluted with water, equal proportions, or weaker upon those who are very young; care being taken to have the warm water at hand to stop the smarting. Children are naturally timid and afraid of such applications, but it will be found that with judgment and firmness the application can be continued until sufficient action is brought to the skin.

55. Q. What treatment do you recommend for catarrh, or cold in the head or nostrils, or for hay fever?

A. Application externally to the back of the head and to the temples when there is pain or pressure on the front of the head, and, in addition to this, an inhalation of diluted Acetic Acid Spray to the throat or nostrils by means of the Spray Producer.

56. Q. What are the principal ailments on the dorsal region, from bottom of neck to small of back?

A. Bronchitis and lung complaints, rheumatism in joints, heart, liver, stomach, neuralgic pains, asthma, spinal distortions, &c.

57. Q. These are so important, we will require to take them up

separately. Take bronchitis and lung complaints; what is the predisposing cause for these?

A. Congestion on the top part of the dorsal joints of spine; and in bronchitis, through chronic irritation of the mucous membrane, an excessive secretion of mucus in the bronchial tubes; the exciting cause being, very often, a chill, cold east wind, or damp air. The pores of the skin are by such means shut up, and hence the matter that should escape by the skin is thrown upon the mucous membrane, thus causing the great amount of secretion of mucus with each cold. Tubercles are formed in the lungs by the same means—the cold drives the blood from the nerve-centres, the blood-vessels are relaxed, the blood gets congealed, inflammation in the lungs may ensue, and the consequence of the slight cold is the tuberculous formations in the lungs, and a consequent want of space in the lungs to purify the blood. This is a crisis which ought to be watched carefully, and the acid applied to back and chest freely, so that the nerve-centres may be relieved, and the tuberculous formations in the lungs dissolved. It is of great moment that the pores of the skin of the chest be kept open to relieve the lungs, and not kept covered up with leather chest protectors which keep back the insensible perspiration and impure matter that would escape by the pores of the skin.

58. Q. What can be done for rheumatic pains in the arms, and neuralgic pains about the chest?

A. Rub the whole of the dorsal region, across the stomach and upon the parts affected.

59. Q. How is it applicable in heart disease?

A. When merely functional, attention must be given to the organs causing the derangement; when organic, then the application is required on the back of the head and neck and half-way down the dorsal region, keeping well round upon the back of the left shoulder, also across the left breast. Congestion on the nerve-centres of brain and spine will cause irregularity in the heart's action, and as these centres are relieved the beating becomes regular.

60. Q. What can you say about the liver and its disorders?

A. The liver may be considered as an organ of excretion for purifying the venous blood, by extricating the bilious matter from it; the bile also mixes with the chyme when it leaves the stomach, and has a purgative power in moving the bowels. As already indicated, in one sense, it will depend upon the brain and spinal cord, whether there is a deficiency or an over-secretion of bile. When there is no congestion on the nerve-centres related to the liver, then there is neither excess nor deficiency; but when there

his disease, congestion, or irritation there will be excess or deficiency. This is, however, a noticeable fact with all secreting and excreting organs. When the balance of nervous power is lost, then it depends upon the state of the nerve-centre, the kind, quantity, and quality of the secretion or excretion made. The vital chemical changes are quite different; the same exciting causes may be at work on two different persons, such as mental emotions or outward circumstances; yet in the one case there will be a deficiency in the secretion, causing the blood to become impure, and the skin yellow; on the other person it has a contrary effect, the excess of bile is forced back in some way into the stomach, occasioning great sickness and headache. Moreover, irritability in temper, great weakness of purpose, melancholy and want of energy may very likely be experienced in both cases, showing very clearly that there has been a reaction on the brain. As consequences of deficient secretion, there is often an irritation of the membrane of the duodenum, and generally constipation in the bowels. These being the causes, the cure will be effected by relieving the nerve-centres reducing the irritability, and also bringing healthy circulation into the congested organs.

61. *Q.* It will follow, as a matter of consequence from this explanation, that the acid not only relieves the congestion on the nerve-centres, and the irritation in inflamed organs, but it will also assist in the purifying of the circulation in the liver, thus relieving it and the other organs, to a great extent, by this outward application?

A. That is quite correct; it reduces congestion, soothes irritation, and purifies the circulation.

62. *Q.* Is the acid of use in connection with the gall-bladder?

A. By purifying the blood the secretions in the liver are made more healthy; and thus the cause of the formation of gall-stones will be taken away. It will tend to reduce the irritation when these have formed; and the continued application of a hot fomentation over the local parts will relax the tubes so that the gall-stones may pass through more easily.

63. *Q.* We will now pass to that part for which, I fear, you need to write a book rather than answer a few questions—the stomach: what are the causes of its disorders, and how can they be successfully treated?

A. What the first cause might have been is needless to speculate upon, but, as a general rule, the treatment must be to the nerve-centres above the small of the back, and also to the ganglionic nerve-centres upon the pit of the stomach. Too often, however, there is a cause in the over-worked brain, producing congestion

on the nerve-centre at the back of the head ; in such cases there is often giddiness and oppression in the head. As to the degrees and varieties of stomach complaints, it is much the same as with the liver ; in one there is much sickness and indigestion, in another vomiting, another acidity, another flatulence ; or, again, these may be combined in other cases. The great law to study therefore is—get and keep the nerve-centres of brain and spine in a healthy state, soothe the irritated nerve-centres over the stomach ; be careful as to diet ; and last, but not least, do not let the vital power be used up by brain work, so that there is not enough vitality left about the stomach to secrete that pure gastric juice which is required for dissolving the food.

64. Q. What is the treatment for asthma ?

A. For asthma alone, rub upon the spine from the back of the head down to the small of the back. As it is, in many cases, the shortening of the diaphragm which causes the shortness in the breathing, it is also required to rub all the way round upon the short ribs and region of stomach, so that the congestion may be taken away, and healthy circulation brought into these parts. As it is very common for bronchitis, or dyspepsia, to be joined with asthma, it is, therefore, safest to rub all the dorsal region on the spine, and also on the front, down as far as the navel.

65. Q. As it is on this part of the spine that there are so many curvatures and other spinal complaints, may I ask, is the cause in the bone, or, like other complaints, is it want of healthy circulation through want of power in congested nerve-centres ?

A. As you suspect, it cannot be in the bone, for the same blood that circulates to one part goes to every part where there is life ; it is, therefore, as you say, congested nerve-centres and want of healthy arterial circulation.

66. Q. What is your treatment for spinal disease ?

A. Local application above and below the curvature, because the greater amount of congestion will be found on the muscles on these parts. For reasons already given, the straight muscles of the back are weak and powerless through the amount of congestion upon them ; but as these are relieved, they will regain their elasticity, and bring the joints back into their places. There are, as a matter of course, many cases where the curvature has been so long settled that this will not be attained ; but in all cases increased vital power will be the reward of continued application.

67. Q. Why is it that spinal complaints prevail to such an extent, more especially among the upper and middle classes ?

A. It is a well-known physical law, that if men would gain strength they must exercise their muscles ; in the moderate

exercising of the muscles of any part there must be an increased and also healthier circulation. If any part of the body remains inactive the consequence is that the circulation is slow, the muscles become flabby and weak, and the nervous power is also very low. By applying these principles to the back, we find that the corsets generally used will not allow the free action of the muscles ; there is consequently a stoppage in the circulation, and therefore a weakness in the spine, which will show itself in curvatures, inward, outward, or to the side, as circumstances may determine.

68. Q. Can the prone or reclining treatment be satisfactory in such cases ?

A. Continued relaxation weakens, action and relaxation gives strength ; we will, therefore, leave you to judge what beneficial effects may be expected from such treatment.

69. Q. From this is it presumed that tight lacing, bandaging, or anything that stops the healthy circulation, is prejudicial to health ?

A. That is according to reason, and science confirms this judgment.

70. Q. As we have considered the dorsal region, with the diseases specially related to it, will you be pleased to state some of the diseases related to the lumbar regions ?

A. There are lumbago, sciatica, rheumatism, gout, and kindred complaints.

71. Q. What, then, is lumbago and its treatment ?

A. Congestion on the lumbar region, or across the loins, most likely brought on through cold or damp ; the application must be over all the region affected, with special attention to the spine.

72. Q. What is sciatica and its treatment ?

A. With this complaint there is often the most acute pain round the hip joints, and down the thigh upon the sciatic nerve. There is usually a deadness upon the spinal nerve-centre ; and also irritation upon the ganglionic nerve-centres in connection with the stomach, liver, or kidneys. There must, therefore, be an application to the spine upon the congested parts ; it is also well to allay the irritation of the nerve-centres of liver and stomach ; and likewise it is necessary to apply the acid to the parts where the pain is felt.

73. Q. Is there any difference in the treatment for rheumatism and for gout ?

A. There is scarcely any ; in such cases the acid requires to be applied to the spine, stomach, and parts affected. It is necessary to keep clear of damp and any other exciting causes, which have been already mentioned ; ever keeping in view the necessity of relieving

the congestion on the spine, soothing the irritation in the vital organs, and bringing a healthy circulation to the parts affected.

74. *Q.* What are the causes of, and what would be the treatment for, complaints of the bowels?

A. Constipation indicates that the internal organs are not working well; and, as already explained, the nerve-centres of the lumbar region are implicated. Healthy action of the liver, and good circulation in the mesenteric blood-vessels will go far to remove this; but it is also necessary to rub over the region of the bowels, so that there may be more contractile power in the muscles of the belly. For diarrhœa and dysentery the application will be in the same manner to spine and belly, to relieve congestion on nerve-centres, to regulate the circulation, or to reduce inflammatory action in the bowels.

75. *Q.* What is the treatment for piles?

A. Apply the acid on the lower part of the spine full strength, with a very weak dilution upon the parts which are fallen down and swollen. It is also very good to lay a sponge wrung out of *hot* water upon the piles; then sponge with diluted acid, and finish by sponging with cold water. In addition to this, general treatment to the spine with the acid.

76. *Q.* There are also the diseases of the kidneys, are they to be treated upon the same broad principles?

A. Precisely the same; with congestion on the nervous centres going to the kidneys and over the kidneys there will be found congestion or inflammation in the kidneys; deficiency or excess of urine, and the secretion of saccharine matter instead of urea. Why there are these variations in the forms of secretion is unknown, but it is of great importance to know that the one application (used upon the principle of taking away congestion and allowing vital power to get to the part) is all that is required to restore tone and healthy circulation to the organ or organs. In DROPSY, not only must the spine and kidneys be attended to, but also all the parts where there is swelling. For GRAVEL the right cure is vital power from the spine, so that no gravelly sediment may be secreted. The spine is, therefore, the principal part to attend to in such complaints, it being always kept in mind that diseases that have been going on for years cannot be cured in a day, and that for permanent cure the predisposing cause must be taken away.

77. *Q.* What can be said about complaints incidental to females?

A. These may not be enlarged upon in such a work as this, but in "THE HANDBOOK FOR MOTHERS," there will be found the information required. The principles which we have laid down should be acted upon, being assured that this method of treatment

will not do any harm, and that our acid may be applied to the body at any time or under any circumstances.

78. Q. How will the acid affect tumours ?

A. We know of no remedy so successful, simple and safe under certain conditions, and would always prefer it to the surgeon's knife. When applied to the nerve-centres and to the tumorous gatherings, it will, in the first stage, withdraw the impurity from the system altogether. When the tumours have attained a certain size, the continued application of acid, with hot fomentations, will keep them back very much, and bring a healthier circulation to the part. We would, therefore, merely say, that it is better to use this simple means, as early as possible, than to use the knife, which cannot cure, as the tumorous matter remains in the system, and, as a matter of course, tends to grow again in the same part, or in some other organ which may be of greater importance.

79. Q. Are skin complaints curable by means of the acid ?

A. There are many names for skin complaints, but the principal causes are, derangement on the nerve-centres for stomach, liver, kidneys, or other organs ; also congestion on the spinal nerve-centres, to part or parts affected. The application must, therefore, be to nerve-centres of organs implicated, to those organs and also to nerve-centres of parts affected, and to those parts where the skin complaint is found ; thus the blood will be purified, and a healthier circulation brought to the skin. In many cases where the skin is tender it will be found necessary to dilute the acid with water until it causes a slight smarting. The acid should not be rubbed upon local parts, but daubed gently with the sponge.

80. Q. Can the acid be applied in such inflammatory complaints as erysipelas, or for scurvy ?

A. With perfect safety ; the application will always require to be to the spinal nerve-centres in connection with the inflamed part, and to the part itself.

81. Q. What is the effect of your acid on chilblains, scalds, the stings of bees, wasps, or poisonous insects ?

A. When the chilblains are unbroken, the acid can be safely and with much benefit applied. With burns or scalds, the acid will have the effect of increasing the pain momentarily, but in a short time the smarting will pass completely away. With the sting of a bee or wasp, or bite of an insect, the acid soon reduces the inflammation, takes away the pain, and gives relief.

82. Q. Can your acid be used with benefit in sprains, bruises, &c. ?

A. An immediate application to a bruise will stimulate the circulation and put a stop to the accumulation of the bruised blood

it also gives tone to the blood-vessels, and thus brings back healthy action to the bruised part. It is also very beneficial for sprains, treatment being made to the spine as well as to the local parts.

83. Q. In cases where the vitality in the system is very low, can the acid be used?

A. Yes, but with care; giving special attention to the centres affecting the stomach, that there may be a stimulating action upon that organ to assist digestion and the making of blood.

84. Q. Is it not found that the acid weakens by the continued application?

A. When not wisely and properly applied it may do so, but, for our own part, we have no difficulty in applying it, at its full strength, to a little child, to the weak and nervous, or to the very aged. We only apply it in such cases, to the parts that require particular attention, and only so long as the patient finds the application pleasant and beneficial. When used in this way, it has a very soothing effect; and generally, when applied before bed-time, the application gives relief, and refreshing sleep is derived from its application.

85. Q. In your system are there any internal medicines used?

A. We have no favour for internal remedies. In cases of long standing constipation a simple purgative might be used, or the injection of tepid water; but our great aim is to get Nature to carry on every function of the system without any inward assistance whatever.

86. Q. Can any directions be given as to diet?

A. On this point we are often questioned; we can only say, the kind of food must be what intelligent persons have found to agree with them; the quality plain and nutritious; and the quantity rather under than over the demands of Nature. As to times of taking food, not at too long intervals, else Nature becomes exhausted, and the vital powers are unable to digest and turn into blood that which is so much required.

87. Q. Do you recommend the use of alcoholic liquors?

A. As a general rule we do not recommend their use. We consider that, usually after the use of stimulants there must be a corresponding reaction. There are cases, however, where these may be used beneficially; but we could not accept the responsibility of advising the use of that which causes so much misery.

88. Q. What Hydropathic treatment would prove beneficial in conjunction with the Acetopathic treatment?

A. Hot fomentations to reduce inflammatory pain; warm fomentations for soothing, in such cases as chronic irritation of the mucous membrane of stomach or bowels; warm sitz baths

for drawing the blood from other parts, such as head or stomach, and a cold sitz as a pleasant tonic after warm sitz ; for bracing and giving tone, the wet sheet bath, towel rubbing, or the shallow bath. These are all simple, and can be had in every well-organised household, and, when judiciously applied, will assist the curing of both acute and chronic complaints very materially. The compress worn upon the stomach is not only soothing in stomach complaints, but also very useful in assisting in the regulating of the bowels. These are means which, when combined with the right application of our acid, will give the poor man as great an advantage in keeping his health as the rich man can have with a hydropathic establishment and all its contrivances.

89. Q. Will the Acetopathic treatment harmonise with the Turkish Bath, which is now a popular form of treatment ?

A. We are assured that they would not only work well together, but that, in chronic cases, with certain peculiar temperaments, the good effects would go far beyond the most sanguine expectations ; united, in such cases, they would prove a power for good. On the other hand, we have been convinced that there are peculiar cases in which the bath has not been beneficial, but has had a hurtful effect ; we therefore think that with this bath there is risk, and only with a very judicious superintendence can it be used on persons of certain constitutions. We would not, therefore, recommend the indiscriminate use of the Turkish bath and our acid unless with a really intelligent superintendence ; the two treatments combined would, in certain cases, simply work great wonders.

90. Q. What, then, do you consider the general advantages of your system of treatment ?

A. We consider it to have advantages in the following respects :—The system of treatment is simple, and may be understood by any intelligent person ; it causes little, if any, inconvenience in the application, and can be used at home or when travelling ; it is so cheap that it comes within the reach of the poorest. These are advantages which speak for themselves, and which intelligent people will readily appreciate. They are inducements which, we believe, will ultimately cause many to adopt this method of treatment, with great benefit to their health.

FINIS.

DIAGRAM OF THE NERVOUS SYSTEM, ILLUSTRATING MESSRS. F. COUTTS & SONS' SYSTEM OF SPINAL TREATMENT.

GENERAL DIRECTIONS FOR THE APPLICATION OF THE ACID.

Pour out a small quantity of the Acid into a flat dish, dip the sponge (which ought to be fixed on a small handle) into the Acid. Rub up and down the spine in connection with the part and upon the part or organs affected. Frequently an unhealthy whiteness is seen upon the spine and the local parts, and a sense of numbness is felt by the party on whom the Acid is applied.

Rub the part or parts until a glow of heat, redness, or smarting comes upon the skin. After experiencing any of these sensations stop the action of the Acid by bathing the inflamed surface with hot water; the water will require to be hot in proportion to the smarting



or glow upon the skin. If *intensely painful* the water will require to be very hot to remove at once the painful sensation, the water however simply stops the action of the acid, and can therefore be dispensed with when the action is not great by rubbing off the Acid with a towel. It is also well to know that when travelling, and warm water is not available, it is well to stop rubbing and dry with the towel before the pain becomes unbearable.

Many inquirers are of the belief that benefit will accrue from allowing the inflamed surface to cool of itself. This is a mistake; it is suffering unnecessary pain to no good purpose.

NOTE.

The numbers on the above diagram represent the different parts in the great central masses of the nervous system, to which it is necessary to make application of the Acid, in conjunction with local application, when certain nerve-centres are congested or irritated.

- No. 1. Indicates part affecting treatment of head generally, also the organs of sight and hearing; it has frequently a reflex influence upon the Stomach, and acts sensibly in nervousness.
- No. 2. Treatment of Colds, Sore Throats, Chest Complaints and weakness in vocal organs.
- No. 3. Treatment of Bronchitis; it also affects the Extensor muscles of the arms.
- No. 4. Treatment of lungs and pains in Chest.

- No. 5. Treatment of Liver.
- No. 6. Treatment of Heart.
- No. 7. Treatment of Stomach, Diaphragm (as affecting the respiratory powers in asthma) and Flexor muscles of the arms.
- No. 8. Treatment of Bowels, Kidneys and Extensor muscles of the legs; it exerts an influence in Sciatica.
- No. 9. Treatment of lumbago, and Flexor muscles of the Legs; also affecting Sciatica.

N.B.—The Pamphlet, "A PRACTICAL GUIDE," contains full instructions for the practical use of the Acid.

THE SPRAY PRODUCER.

DIRECTIONS

FOR USE WITH MESSRS. COUTTS' GUARANTEED ACETIC ACID,
IN CATARRH, RELAXED SORE THROAT, BRONCHITIS, CHEST COM-
PLAINTS, DEAFNESS, INFLAMED EYES, AND HEADACHES.

DILUTE one part of Acetic Acid in eight parts of water [less or more] in the bottle belonging to the Spray Producer, place the longer part of the tube into the bottle, attach the rubber tube carefully to the end of the vulcanite tube; work the bellows with one hand, and as the fine spray leaves the tube, inhale or draw in the spray with the breath.

For CATARRH, draw up the spray into the nostrils, breathing out and in until the nose is clear; for Chronic Catarrh a daily inhalation is recommended until a permanent cure is effected.

The Spray has also been found to have beneficial effects in cases of deafness caused by cold, swelling under the jaw, or the closing of the Eustachian tube; also many have used it when there is weakness and inflammation of the eyes with much benefit, the first action of the diluted Acid being to cause a smarting sensation; this soon passes away, leaving the eyes strengthened, soothed and relieved. The Spray is also used on the Forehead for Headaches, and the effects are both soothing and relieving.

This inhalation of the Spray may be taken several times a day, but always to advantage in the morning, when there is a huskiness in the voice, or secretion of mucus in the throat or bronchial tubes, also before leaving the house for exposure in the cold air.

The time required for inhalation may vary for a minute or two, as may be found agreeable, as the action of the Spray on the mucous membrane will be to stimulate, and afterwards to soothe and give tone.

For Ministers, Missionaries, Public Speakers, and all who wish to SING with greater EASE and POWER of voice, the Acetic Spray will prove itself INVALUABLE, as it is the very requisite to give tone to the muscles, nerves, and the blood-vessels of the throat.

Messrs. COUTTS recommend the inhalation, in addition to the outward application, to nerve-centres and local parts, as the outward application can be PERMANENTLY relied upon, whilst the Acetic Spray forms a valuable auxiliary. No one need be afraid to try the OUTWARD application or inward inhalation, as the vinegar used is of the purest kind, and free from any poisonous quality.

Should the Acetic Spray prove unpleasant to any person, a few drops of the essence of peppermint or cloves will change the flavour.

GENERAL SUGGESTIONS AS TO DIET.

BREAD OR OATMEAL contain all the elements of the staple of life.

ANIMAL FOOD is found to be HEATING and STIMULATING, and should be partaken of SPARINGLY, not more than once a day. Fish is light and nourishing, and may be used more frequently.

FARINACEOUS FOOD (such as corn, flour, sago, arrowroot, maccaroni, and rice) is nourishing, and better adapted for patients, whilst milk and eggs, when these agree, may be freely used by the most delicate.

VEGETABLES, such as peas, beans, lentils, also ripe fruits of all kinds, when found to agree, are very nourishing, and tend to sustain the system.

ALCOHOLIC STIMULANTS OF ALL KINDS should be avoided as much as possible, as these only stimulate, but do not nourish the body, and they often tend to lower the system by reaction. In summer, a few drops of the Acetic Acid put into a tumbler of water will form a very refreshing beverage.

TOBACCO should be avoided, as its effects, though soothing, tend to weaken and deaden the nervous system.

MEALS.—No more than three meals per day need be taken, and these at intervals of four to five hours, avoiding taking food as a rule late at night.

NEW AGENTS.

ENERGETIC business men of respectability, who are desirous of becoming Agents where we are not represented, and who wish to make our system of Treatment known in their respective neighbourhoods, should communicate with us, enclosing at the same time references, with full particulars; if these are found satisfactory, we will then communicate terms of Agency. We would also recommend that the same be done to our representatives in the Colonies, or other parts where we have Wholesale Agents or Consignees, as by this means our Acid will be much more easily obtained, and will save extra cost of carriage and risk of breakage. The prices may be had on application to the nearest Agent.

HOME TREATMENT.

"THE ACID CURE," OR SPINAL SYSTEM OF TREATMENT."

With simple and useful Hydropathic Remedies.

STIMULATING TREATMENT.—For Chronic congestion of spine and local parts. Application of the acid to be persevered with upon spine and local parts until there is decided action, afterwards sponging or fomenting with hot water.* Suitable for strong, wiry constitutions.

SOOTHING TREATMENT (see also stimulating compress).—The acid applied to spine and local parts until a pleasant warmth is felt upon the skin, or a slight smarting tingling sensation, then foment or sponge with warm water. Suitable for the greater number of patients, specially so for the nervous and irritable.

SOOTHING AND SLIGHTLY TONIC.—The acid applied over the whole body, as to spine and local parts until a pleasant warmth is felt on the skin, then sponge over with cold water. Suitable for those who are weakly in their constitution.

STIMULATING AND BRACING.—Application of the acid by means of a flesh brush over the whole body, dry with towel, and sponge over with cold water, or take cold water bath. Suitable for all who follow sedentary occupations, and a most precious boon to residents in warm climates—also invaluable as a preventive in fevers and eruptive diseases.

The acid should always be used full strength, except to tender parts, as the forehead, mucous membrane of the throat, and similar parts, then it requires to be diluted with water, sufficient to cause a slight smarting sensation upon the skin or mucous membrane.

FOR CHILDREN.

The acid may be applied freely and without any risk to very young children, only it must be diluted with water, warm or tepid, as may be found convenient, until it is simply strong enough to make the skin red. The acid thus diluted has been found very useful in giving quick relief to little children. With the acid thus applied there is no danger of making sores or in any way hurting the skin. To make the skin red on each side of the spine and local parts is quite sufficient. The use of compress to spine and any local parts will also with children prove soothing and healing. The spinal treatment with the Guaranteed Acid with children soon stimulates the nerve-centres, regulates the size and contents of the blood vessels, and by opening the pores and drawing the blood to the skin it relieves feverishness and takes away any congestion there may be in the internal organs.

THE COMPRESS.

This is a piece of cotton or linen cloth, of any size or shape that may be required to go round the body, or any other part. The object is to get a wet cloth brought into contact with the skin and covered with something dry to retain the heat of the body, or to allow the superfluous heat to be carried off as may be required.

* Distinction of Temperature—Cold, below 65 deg. Fahr. ; tepid, 65 deg. to 80 deg. ; warm, 80 deg. to 98 deg. ; hot, above 98 deg.

A stimulating compress for stomach and bowels can be made with a long towel wrung out of a dilution, about twelve parts water to one part of the Guaranteed Acetic Acid ; this is placed round the body and covered with another dry towel, or a roll of flannel ; or a long piece of cloth which would go four times round the body, wring one half out of the diluted acid, covering it up with the remainder that is dry. This compress will be found useful in relieving pain in the stomach and bowels, and in stimulating the bowels where there is constipation.

SOOTHING AND HEALING COMPRESS.—The wet part of the compress in this instance is wrung out of warm water, and the object desired is to keep up a moist warmth upon the skin. It should be covered by flannel or anything that will retain the warmth and moisture, but at the same time it is well to avoid such coverings as will keep in the insensible perspiration. This soothing moist heat is the most favourable means of assisting nature in healing wounds or sores. When there is an itching sensation or swelling, then the tender or sore parts should be sponged over with the acid diluted with warm water, about fourteen parts water to one of acid.

THE BRACING COMPRESS.—In this instance the compress will be wrung out of cold water, and one or two folds laid upon the inflamed or tender part. By evaporation it is kept cold and so quickly relieves inflammatory action, and strengthens the skin and relaxed muscular tissue.

The compresses are generally used to stimulate and regulate the bowels, to soothe pain, heal wounds and sores, and to strengthen relaxed and weakened parts.

SITTING, OR SITZ BATH.

A small washing-tub can be used for this purpose, where there is nothing more suitable. Being an inconvenient mode of treatment to many it is not likely to be generally adopted. It is, however, very valuable for women in womb and other derangements. With warm water (not very hot) it is soothing and healing, and the cold sitz after the warm one will be found very bracing. Should the cold sitz be considered too strong, then use tepid water or cold sponging.

HOT FOMENTATIONS.

These are often useful in acute attacks of lumbago, rheumatism, and other pains. A flannel cloth is wrung out of hot water and laid upon the part where the pain is felt, the flannel must be covered so as to retain the heat as long as possible ; the fomentation may be kept up for about five or ten minutes at one time, and repeated at short intervals until the pain is relieved. The flannel cloths may be changed at intervals of two to three minutes, as may be found agreeable.

As a rule, after every fomentation the acid should be applied to the part that has been fomented, for the purpose of bracing the parts, and thus retaining the benefit gained from the fomentation.

It must be kept in mind, in all these varied local aids and appliances, that the acid must be applied to the spine, either before or during the time these are being applied ; also that the "GUARANTEED ACETIC ACID" is the only kind that can be safely used in these varied forms and conditions. If any other acetic acid, containing carbolic acid, sulphuric acid, or other materials which add strength, is used, the effects will, in proportion to the adulterations, have a hurtful tendency.

TESTIMONIALS.

The following extracts from letters will indicate in what way patients have received benefit, and encourage those who are recommended to try the Spinal System of Treatment with Coutts' Acetic Acid.

Spinal Disease.

E. M. writes:—"For upwards of twenty years I have suffered from Spinal affection, Congestion of the Liver, and a complication of disorders. For several years I was unable to walk or drive out without intense pain, and for a length of time was unable even to stand alone; the entire left side had become Paralysed. . . . I commenced using the Acid; in a fortnight I was consciously stronger; in a few weeks I could walk across the room by the chairs, and then alone. . . . I never now require to take medicine of any kind, but fail not to apply the Acid every day, so that in addition to what I have already stated, I am now quite free from Neuralgia in the head, face and chest."

Whooping Cough.

J. R. writes:—"Whooping Cough was prevalent last spring. It got into my family of five. For the sake of other little ones, I would call the attention of parents and guardians of children to the efficacy of your Acetic Acid Treatment. The child of six months took the disease first. . . . After the third application the child was freed from all danger. The Cough had begun on the other two girls by this time; they were operated upon every twenty-four hours from the time it was first observed; the Cough never reached the Whooping stage. The Cough reached the Whooping stage in the eldest boy, but was only in that stage one day—a cold, wet day last month; after that he got rapidly better. The second boy got over it easily, not getting into the Whooping stage at all."

Ulcerated Sore.

L. A. I. writes:—"I have been afflicted for the past seven years with an Ulcerated Sore Leg for which I sought the best advice. Two years ago I was recommended to try your Acid Cure, which I am happy to say has cured me."

Depression from Overwork.

E. D. writes:—"Overwork and worry brought on a sinking feeling on the top and back of the head. I applied the Acid full strength all over the head until it began to smart, and then washed with a sponge and cold water. The effect was, after a time, that I felt as if I had obtained a new head. The Acid would be of great benefit for insanity caused by congestion or over excitement, and no doctor would repent giving it a fair trial."

Indigestion.

J. R. S. writes:—"For seven years I suffered from Stomach Complaint, and vomiting of my food. As the result of your treatment, not only has the vomiting entirely ceased, but my stomach is now in such a healthy condition, that I can take food which I could not have taken before. Your skilful treatment has also regulated my whole system. . . . We have found the Acid very beneficial in the family."

Scarlatina, Typhoid Fever.

W. H. writes:—"Two of my boys were attacked with Scarlatina. I found the Acid powerful, not only in taking away the Fever from the boys, but also in preventing the other children from taking it. I witnessed its powerful effects in the case of a young man lying prostrate with Typhoid Fever. Immediately the Acid was applied the sufferer found great relief, and fell into a sound sleep."

Rheumatism.

Rev. W. F. L. P. writes:—"My first trial of the Acid was for a Knee affected with Rheumatism, so swollen and inflamed that I could not walk for more than a month previously. . . . In a few days I was completely free of inflammation. . . . I have proved its power in similar cases. . . . Earache was the latest cure it effected. . . . In fact its uses are so various, and its application so safe and simple, and its effects so thoroughly admirable, that I cannot be too thankful for its possession. It is within reach of the poorest, and should be known to all; I have not failed to make it known to many."

HANDBOOK FOR MOTHERS.

THIS Handbook will be found to supply a want long felt by mothers and nurses who follow "The Acid Cure" and "Spinal System of Treatment," and who wish for such special information about women and children as could not be conveyed in general pamphlets.

The following subjects receive consideration in this work :

- I. The general principles of health, disease, and the means by which deranged conditions of the body may be remedied.
- II. Necessary and useful information about the changes peculiar to females; pregnancy, its conditions, and hints for guidance during this period; the lying-in room and the duties of the nurse; the infant, and how to care for it; nursing, &c., &c.
- III. The general and special treatment required for the complaints incidental to females and children.

The handbook is written in the form of a conversation betwixt a mother and her daughter, and by this means the knowledge required and so much desired by mothers is conveyed in a plain and practical way.

Prices—In Paper Cover, 9d. ; Limp Cloth, 1/-.

Manual of the Principles and Practice

OF THE

SPINAL SYSTEM OF TREATMENT.

THIS work contains a number of the very interesting articles that appeared in the "Quarterly Magazine of Health." It has been re-edited, with additions and alterations, and will be found to be a very *complete guide* to the practice of the Acid Cure. Those interested in the Spinal System of Treatment would do well to possess a copy.

The work has been cast into five divisions, which are as follows :—

- I. Life, Nutrition, and the Nervous System.
- II. Disease considered in its relation to life and health.
- III. Remedies for disease considered, and the principles upon which they should be used.
- IV. Forms of disease and methods of treatment.
- V. Testimonials showing the benefit that has been derived from "The Acid Cure" and "Spinal System of Treatment."

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